

2017  
FOUNDATION RULES

<b>Compulsory elements</b> <b>Must be performed at the same time without combination</b>	<b>A Push Up</b> <b>B Straddle Support</b> <b>C 1/1 Air Turn</b> <b>D Vertical Split</b>
<b>PU/ Split landing</b>	<b>Maximum x 1 landing to split</b>
<b>Floor Elements</b>	<b>Maximum x 4</b>
<b>Difficulty and Acrobatic Combinations</b>	<b>0</b>
<b>Optional Acrobatics</b> <b>Must be performed without combination</b>	<b>Maximum x 2 elements</b> <b>from A1 -A3</b>
<b>Exceptions</b>	<b>No prohibited moves</b> <b>No 1 arm push up</b> <b>No 1arm support</b> <b>No push up landing, off-axis jump or salto 360 twist</b> <b>No lift</b> <b>No combinations</b> <b>No acrobatics A4-A7</b>